

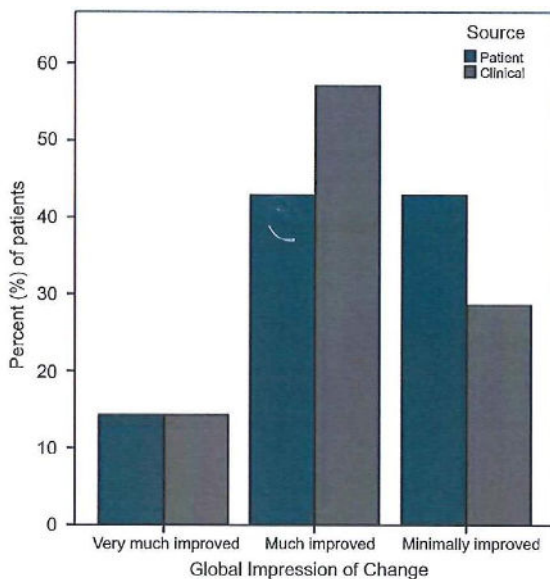


In a pilot study conducted at the University of South Carolina Medical School⁽¹⁾, the effect of a new device to reduce nasal congestion was tested. The device combines a gentle self guided oscillating expiratory resistance (Flutter) to an acoustic vibration, approximately 128 Hz, similar to the Sonic vibration produced by the Aerosonic+* nebulizer.

Aim of the study: evaluate the performance of a non-pharmacologic device designed to reduce nasal congestion.

The treatment was consisting in a single application for 2 to 5 minutes.

Patients were instructed to breathe through the nasal mask, naturally with increased exhalation force.



Results:

All of the 14 patients reported a global impression of change with a low to high improvement.

Both clinical and patient global impressions of change converged.

No side effects were related.

No subjects reported a worsening of symptoms or discomfort.

Conclusions: Though this study was a simple proof-of-concept study in a small sample of patients, it shows encouraging data suggesting a positive effect of sonic vibration in nasal congestion.

(1) A. Cairns, R. Bogan *The SinuSonic: reducing nasal congestion with acoustic vibration and oscillating expiratory pressure. Medical Devices: Evidence and Research* 2019;12 305-310

*Medical Device class IIa. Read carefully the instructions for use supplied with the device.
Documentation for Health Professionals



A.COMPS.EN.279.1019

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